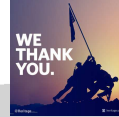


Among Friends



May 2016



SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

HCOA BOARD

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Richard Mansfield, Jr., Vice Chair
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Eric Johansen

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Cynthia Stark, Vice President
Geri Sawyer, Secretary
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TELEPHONE NUMBERS

Senior Center 508-210-5570
Transportation 508-210-5573
Dining Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

LET'S FIESTA ~ IT'S CINCO de MAYO!!

Join us on **Monday, May 2** at **11:00 a.m.** for a lively concert **BEFORE** lunch. Dawn Kelly and Dick will perform to celebrate Cinco de Mayo with an assortment of carnival songs. The show is free and open to all. Call 508-210-5570 to reserve your seat. If you'd like to stay for lunch, call Sue at 508-210-5578 by Thursday, April 28 between 8:30 a.m. and 1:00 p.m.



ELDER LAW UPDATE



Attorney Arthur Bergeron from the law firm Mirick O'Connell will be here on **Wednesday, May 4** at **1:00 p.m.** with an important legal update. Attorney Bergeron will review the basics of wills, trusts, Mass Health, and estate planning. He will discuss the latest law and administrative changes and any new government programs developed over the past year. The program is free and open to all. Please register by calling 508-210-5570.

"The Haverston Mills Town Meeting"

Join us on **Wednesday, May 11** at **1:00 p.m.** for this charming one-act play, a ridiculous story about a town meeting gone hilariously wrong! The citizens of Haverston Mills may range from sensible to eccentric to downright zany, but they are invariably fun to watch. And now the town faces an important decision and everyone has an opinion! If only the town Moderator can keep it together! Steve Henderson's comedies are not only laugh riot comical, they are inspiring. This show is fully supported through a generous grant from the Holden Cultural Council. We sincerely thank them.



The Senior Center will be closed on Monday, May 30 in observance of Memorial Day.





UPCOMING TRIPS



Mon., June 13 ... Boston Ducks! ... Depart 8:30 a.m. on your luxury Silver Fox Coach & travel to Boston, The "Home of the Bean & the Cod." On arrival you will tour the Boston Common where you'll view the beautiful Public Gardens. A full course luncheon is included at Boston's famous "No Name" Restaurant, located right on the Fish Pier. You'll see fishing vessels bringing in their catch! Then you'll take a narrated tour on one of the famous Boston Ducks, amphibious vehicles formerly used by the U.S. Army. Your narrator will point out all of the Boston sights & you'll actually take a plunge into the Charles River for a brief cruise. If it looks & swims like a duck - then it must be a Boston Duck! Arrival home is expected at 5:30 p.m. with fond memories of your ducky Boston day. \$89.00/person includes Boston Duck Tour & Cruise; Boston Common Visit; Luncheon at the No Name Restaurant (Choose Entrée Off Menu: Including Broiled Swordfish, Haddock, Chicken, Salmon & More); Luxury Silver Fox Motor Coach. CD/DVD



Wed., July 27 ... A Delicious Day Trip ~ Chocolate and Wine Tour ~ Lunch at Warren's Lobster House ... Come and visit the Seacoast with your first stop at a local chocolate store. After your visit, you will then have lunch at Warren's Lobster House. At Warren's, your group will start off their delicious luncheon with a trip to the Salad Bar. With over 60 items to choose from, it's the Seacoast's best! Warren's also offers several scrumptious items to choose from, and the service there is great. Following lunch, you will travel to South Hampton, NH to have a tour of the Jewell Towne Vineyard. Established in 1994, this vineyard has won over 60 medals in international competitions. You will learn how wine goes from the vine to the bottle, and then have a wine tasting. A small gift shop is also available. For a great tasting day, join us! Cost is \$73.00/person which includes: Transportation, lunch, dining room taxes and gratuities, visit to candy store and wine tasting and tour of Jewell Towne Vineyard and driver's gratuity. **Payment due at time of reservation.**



If you are interested in any of our trips or if you have questions, please call 508-210-5570.

All trip payments are due at time of reservation. *If trip is cancelled due to low interest, your money will be refunded. Remember ~ if we don't lose it, you don't lose it!!*

WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE, as we have other events taking place at the Senior Center during the day.

FROM THE FRIENDS...



On **Sunday, May 15**, the Friends of Holden Council on Aging will hold an open house from **2:00-4:00 p.m.** at the Holden Senior Center. This event is being held to celebrate the 35th anniversary of the Friends organization in conjunction with the Town of Holden's 275th anniversary. Chuck Skillings will present a slide show of Holden history. Long time Holden residents will be present for reminiscing and discussions. Also, the various and numerous activities that take place at the center will be showcased. We hope you can join us for this event. Refreshments will be served.

VETERANS MEETING

We invite ALL veterans to join us on **Friday, May 6 at 11:00 a.m.** for our Veterans meeting. Dick White returns to talk about his experiences. If you'd like to attend the meeting, please call 508-210-5570 to register. (PLEASE NOTE CHANGE IN TIME)



SHINE COUNSELOR
Monday, May 9 and Monday, May 23
BY APPOINTMENT ONLY





MAY YOGA THEMES!

We welcome you to join one or both classes. Welcome to the Marvelous Month of May ... with these magnificent yoga classes and themes. **May 3 & 5** - May Day-Sunshine Yoga; **May 10 & 12** - Improve mood and energy with Core Yoga; **May 17 & 19** - Gratitude Yoga - heart opening; **May 24 & 26** - Memorial Day Yoga - Freedom. Tuesday's class is at 2:30 and Thursday's class is at 1:15. Cost for yoga classes is \$2.00/class and is partially subsidized through a grant from the Executive Office of Elder Affairs.

IT'S YOUR RIGHT!!

REMEMBER to exercise your right to vote!! Holden's town election is **Monday, May 9**, polls will be open from **7:00 a.m. to 8:00 p.m.** There will be no lunch or programs that day. The office is open and the vans will be on the road! **Also**, a reminder that Holden's Annual Town Meeting will be **Monday, May 16 at 7:00 p.m.** at the high school.



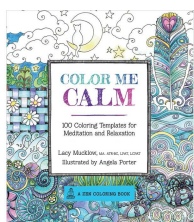
LEGAL CLINIC



Attorney Arthur Bergeron will be here on **Monday, May 16 from 10:00 a.m.-12:00 p.m.** to hold a legal clinic. Free fifteen (15) minute appointments with Attorney Bergeron will be available. Appointments are required and can be made by calling 508-210-5570.

CONCERT AND ICE CREAM SOCIAL

We are pleased to welcome local favorite Rusty Guertin, soloist and guitar player. He will entertain us on **Wednesday, May 18 at 1:00 p.m.** with popular songs and old favorites. The concert is free and open to all and will be followed by an ice cream social. Reservations are **REQUIRED** by calling 508-210-5570



FUN AND RELAXATION ...

We invite you to join us on **Wednesday, May 25 from 1:00-3:00 p.m.** for an afternoon of fun and relaxation as we join together for an adult coloring session. This is a great way to just take some time out of our busy schedules and relax and be a little creative. Cost for this delightful afternoon is \$2.00/person. All materials are provided. Call 508-210-5570 to reserve your seat.

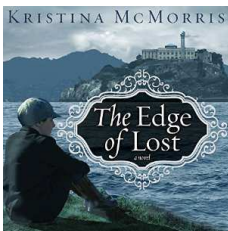
FUN DAY!!!!!!!



Join us on **Friday, May 20** (rain date Friday, June 10) at **1:00 p.m.** for some outdoor fun! Come and return to your childhood days. Paint the parking lot with chalk drawings, blow bubbles, play ball and other games and have fun - fun - fun! We will have horseshoes and croquet too!!



BOOK DISCUSSION GROUP



The book discussion group will meet at **10:00 a.m.** on **Thursday, May 19** to discuss the book **The Edge of Lost** by Kristina McMorris. On a cold night in 1937, search lights cut through the darkness around Alcatraz. A prison guard's only daughter - one of the youngest civilians who lives on the island - has gone missing. Tending the warden's greenhouse, convicted bank robber Tommy Capello waits anxiously. Only he knows the truth about the little girl's whereabouts, and that both of their lives depend on the search's outcome.













Almost two decades earlier and thousands of miles away, a young boy named Shanley Keagan ekes out a living as an aspiring vaudevillian in Dublin pubs. Talented and shrewd, Shan dreams of shedding his dingy existence and finding his real father in America. The chance finally comes to cross the Atlantic, but when tragedy strikes, Shan must summon all his ingenuity to forge a new life in a volatile and foreign world.

Skillfully weaving these two stories, Kristina McMorris delivers a compelling novel that moves from Ireland to New York to San Francisco Bay. As her finely crafted characters discover the true nature of loyalty, sacrifice and betrayal, they are forced to confront the lies we tell - and believe - in order to survive.



MAY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8-4:00 Billiards 9:00 Mall Trip 11:00 CINCO de MAYO CONCERT 12:00 Senior Lunch <i>Jambalaya</i> 1:00 Friends Meeting</p> 	<p>3</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatballs w/Onion Gravy</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>4</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Pork Chow Mein</i> 1:00 Pitch Party 1:00 Elder Law Update</p> 	<p>5</p> <p>8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch <i>Mother's Day Meal Stuffed Chicken</i> 1:00 Bridge 1:00 Gentle Chair Yoga</p>	<p>6</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 11:00 Veterans Meeting 12:00 Senior Lunch <i>Fish w/Crumb Topping</i> 1:00 Cribbage 1:15 Spring Chicken Fitness</p> 
<p>9</p> <p>TOWN ELECTIONS</p>  <p>NO PROGRAMS OFFICE OPEN VAN RUNNING</p>	<p>10</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>11</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Chicken Primavera</i> 1:00 Pitch Party 1:00 The Haverston Mills Town Meeting</p> 	<p>12</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch <i>Salmon Boat w/Dill</i> 1:00 Bridge 1:00 Gentle Chair Yoga</p>	<p>13</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch <i>Lasagna</i> 1:00 Cribbage 1:15 Spring Chicken Fitness</p> 
<p>16</p> <p>8-4:00 Billiards 10-12:00 Legal Clinic 12:00 Senior Lunch <i>Roast Pork w/Gravy</i></p> 	<p>17</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Shepherd's Pie</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>18</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Bacon Omelet</i> 1:00 Pitch Party 1:00 Concert & Ice Cream Social</p> 	<p>19</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch <i>BBQ Chicken</i> 1:00 Bridge 1:00 Gentle Chair Yoga</p>	<p>20</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Outdoor Fun Day 1:00 Cribbage 1:15 Spring Chicken Fitness</p> 
<p>23</p> <p>SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch <i>Chicken Mornay</i></p>	<p>24</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pot Roast Stew</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>25</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Turkey a La King</i> 1:00 Pitch Party 1-3:00 Adult Coloring</p> 	<p>26</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch <i>Meatloaf & Gravy</i> 1:00 Bridge 1:00 Gentle Chair Yoga</p>	<p>27</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch <i>Macaroni & Cheese</i> 1:00 Cribbage 1:15 Spring Chicken Fitness</p> 
<p>30</p> <p>MEMORIAL DAY HOLIDAY</p>  <p>SENIOR CENTER CLOSED</p>	<p>31</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Buttermilk Chicken</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>The Haverston Mills Town Meeting</p>  <p>Wednesday, May 11 @ 1:00 p.m.</p>	<p>MORNING GLORY CAFÉ 8:30 a.m. until 10:30 a.m. every Friday</p> 	<p>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</p>

COMING IN JUNE ...

June 1 ... Annual Pen Pal Party



Free Legal
Consultations

June 13 ... Legal Clinic - by
appointment only

June 13 ... Two Old Friends
Concert



FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____
Address: _____
Telephone Number: _____

You can stop by the Senior Center to join or mail your
membership to: Holden Senior Center, 1130 Main Street
Holden, MA 01520.



YOU'RE INVITED TO THE MORNING GLORY CAFÉ!

Come one ~ come all, to our Morning Glory Café here in the Senior Center.

The Café will be open from **8:30 a.m. until 10:30 a.m.** every Friday. There's no need for a
reservation, just come by ~ bring some friends to sit and enjoy Coffee; Tea; Juice; Homemade

Pastries; Toast; Raisin Toast; and English Muffins. There will be a small cost for the items you choose.

If you have questions, please call 508-210-5570.



A TRIP TO THE MALL

We will be taking a trip to the Mall at Whitney Field in Leominster on **Monday, May 2**. If you
can come to the Senior Center to get the van, certainly that's helpful, if you cannot, however we
will pick you up at your home. We will begin picking people up at 9:00 and head to the mall.

The van will come back at 12:30 to bring people home. There are 8 seats available on a first come first served
basis. Cost for the round trip ride is \$5.00. Call Mary at 508-210-5573 for questions or to reserve your seat.

Take a Minute ~ to Just Think ...

*We are all endeared when we observe a small child hugging another child who has been hurt.
Life's hurriedness, struggles and pain sometimes takes this compassion from us as we age. It's
never too late to give or receive a word of reassurance and kindness. Everyone has missed
opportunities in the past to give others encouragement, but today is the first day of the rest of
your life so we encourage you to embrace these opportunities.*

Practice Kindness



***Distribution of this newsletter is made possible, in part, by a grant from the
Massachusetts Executive Office of Elder Affairs and the Friends of HCOA***

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Holden, MA 01520

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